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BOYS & GIRLS CLUBS
OF CARSON

BGCC VIRTUAL PROGRAM: HIGH SCHOOL

MONDAY, JULY 20, 2020

Welcome!	Introduction	Daily Introduction from BGCC staff Click Here
Sports & Recreation	Stretching	This is basic stretching routine that can be used for someone of any level; beginner to advanced. Can you feel the burn? Click Here
Health & Wellness	Mental Health	Meaningful connections serve as protective factors in the lives of our youth. Charisse Nixon shares her ideas on how we can help our youth build those meaningful connections. Click Here

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Arts	Get Crafty! Arts	How to draw realistic trees. In this video tutorial video the focus is on how to draw a variety of trees. Click Here
Academic Success	Explore a virtual trip- San Francisco	Let's take a virtual tour of the University of San Francisco. Learn interesting facts about the campus while discovering the amazing opportunities offered from this school. Click Here
Character and Citizenship	Leadership	What's the difference between a job and a career? Mr. Rigo discusses the differences and the pros and cons of each to help you prepare for your future work goals. Click Here